# *Jitness & Sports*Over-30 hoopsters stop Mildenhall's best

Control of the boards made the difference in Saturday's intramural over-30 basketball grudge match between Mildenhall's top team, the 95th Reconnaissance Squadron, and Lakenheath's 48th Security Police Squadron. Lakenheath's undefeated cops made use of their size advantage and held on for a 53 - 49 victory.

"It was tight all the way, but Lakenheath out rebounded us inside and that made the difference," said 95th RS assistant coach and guard Paul Manus, who was kept off the court during the game with a damaged Achilles tendon. "Their three big men inside were strong."

"We were very aggressive from the start and shot really

well in the first half," said Lakenheath forward Jeffrey Hunt.

It also didn't help that Mildenhall got off to a slow start.

'We began a little sluggish," Manus said, "and Lakenheath's team really played together well from the start. At one time, I thought they were going to blow us out."

The 95<sup>th</sup> squad slowly began to put it together though, according to Manus, and that's what kept them in the game.

At the end of the first half, Mildenhall was still paying for the slow start and poor early shooting - trailing by eight, 31-

With the beginning of the second half, Ron Pelham led the attack for Mildenhall. "Pelham

really carried the load for the whole team and provided most of the offensive power," said Mildenhall's Anthony Fleming. "He was all over the court, hitting from three-point range and stealing the ball ... he really carried us until he got into foul trouble."

With only 20 seconds remaining on the clock, it looked as if Mildenhall's time had come when the 95th pulled within a point of the security police on the strength of a three-pointer from Ernest Henderson. In a frantic finale, Mildenhall, had to intentionally foul to get control of the ball. The strategy didn't work as Gus Duncan sealed the victory for Lakenheath from the throw line.

"Mildenhall was a tough

team," Hunt said. "They hung in the game the whole way and were able to slow us down which is something the other teams (at Lakenheath) haven't figured out how to do yet."

According to Hunt, no team was able to get within 20 points of Lakenheath's security policemen during regular season over-30 play, and most didn't make it within 40.

"They (Lakenheath) played an outstanding game, both defensively and offensively," Fleming said of his rivals. "But we could have done better. Given another chance, we know we could have beat them."

(Courtesy of the 100th Air Refueling Wing public affairs office).

# **Sports Shorts**

# Soccer coaches needed

The youth center staff needs soccer coaches for the 5- and 6-year-old soccer league. Practices begin at the end of April and the season begins in early May. Coaching positions are available at both RAFs Lakenheath and Feltwell. For more information, call Karl Pfoor at Ext. 3735.

#### Earth Day golf tournament

The Earth Day Challenge Cup golf tournament is April 18 at the golf course. Sponsors seek nine foursome teams from RAFs Lakenheath and Mildenhall. Entry fees are \$15 per person. For more information, call MSgt. Ed Spengler at Ext. 2583.

#### Skating rink

The skating rink books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. For more information, call Ext. 1627.

#### Softball

The fast-pitch softball team seeks players to compete in the London men's fastpitch league and in international tournaments on the European continent. For more information, call Earl Hicks at Ext. 2169.

#### Advance green fee registration

The golf course now renews annual memberships. The advance green fee registration prices are: E-1 to E-4, -\$215 per year or \$18 a month; E-5 to O-3 – \$300 per year or \$25 per month; O-4 and above – \$350 per year or \$30 per month. For more information, call Ext. 2223.

# Aero club/golf course promotion

The golf course and the aero club offer a joint special during April. Purchase a discovery flight for \$25 at the aero club and receive a free round of golf and a lesson. Or, purchase a round of golf for \$8 - \$12 and a golf lesson for \$15 and receive a free discovery flight from the aero club. For more information, call Ext. 3152 or 2223.

# Locker evaluation at base gym

The fitness and sports center conducts an annual locker assignment evaluation until May 1. Anyone assigned a locker must come into the center to reapply for their locker. All locker holders should complete the locker form between 8 a.m. - 5 p.m. before April 30. For more information, call Ext. 3607.

# Sign-ups for softball, soccer

The fitness and sports center has signup sheets for men's and women's varsity softball and soccer. For details, contact SrA. John Gill at Ext. 2391.

#### Softball intramural season

The men's and women's intramural softball season begins May 5. Deadline to register is April 28. A coaches meeting is at 10 a.m. Tuesday in the health and wellness center conference room. For more information, call Ext. 3879.

# RAF Feltwell step classes

Step aerobics classes are 7 - 8 p.m. Mondays, Tuesdays and Thursdays at the RAF Feltwell Elementary School. For more information, call Ext. 5076.

# April special at pool

The swimming pool offers 10 percent off all Sprint products throughout April. For more details, call Ext. 2815.

# Wellness fair

The RAF Mildenhall health and wellness, and fitness and sports centers sponsor a wellness fair 9 a.m. - 5 p.m. May 9. For more information, call Tenia Reves at (01638) 547161.

#### Intramural golf meeting

The fitness and sports center sponsors an intramural golf meeting at 9:30 a.m. April 18 for all team captains, league secretaries and anyone who is interested in playing golf. For more details, call SrA. Jennifer Major at Ext. 3879.

# Liberty Lanes' 30-game offer

Liberty Lanes offers a "Push up the Daisies" 30-game punch card for \$25. The cards are valid until June 30 and may be used any time. Call Ext. 2108 for details.

#### Varsity softball coach

The fitness and sports center needs a varsity coach for men's softball. Submit a resume to the varsity director by April 15. For more information, call SrA. John Gill at Ext.

#### Softball clinic

The 1997 USAFE Softball Clinic is April 17 - 18 here. The clinic is open to all players, coaches and officials. For more information or to register, call Ext. 2391.